

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

### Coughs & Colds

When young children catch a cold they often develop a 'noisy chest' or a 'chesty cough'. This can be worrying for parents who believe that a chesty cough is a sign of a chest infection. Young children often get noisy chests. This is because they have smaller airways and thinner rib cages than adults. A child with a true chest infection will generally be more 'unwell'. Coughing helps the body fight against infection and can take a while to go.

### Sore Throat

A sore throat does not need any treatment to make it go away. It will get better by itself. If your child seems very unwell or has a sore throat and a temperature, but no cough, for more than 3 days, he or she should see a GP. If your child is having difficulty breathing or seems very unwell, you should consult your doctor urgently.

### Earache

There is normally no need to treat ear infections with antibiotics. Pain control with Paracetamol and/or Ibuprofen is all that is normally needed. If your child is having hearing problems or the ear is draining, they should see a GP.

### Guidance on Infection Control in Schools

- Diarrhoea and Vomiting Illness

48 hours from last episode of diarrhoea or vomiting episode.

- Chicken Pox

Until all of the spots have crusted over.

- Impetigo

Until lesions are crusted and healed, or 48 hours after commencing antibiotic treatment.

- Head Lice

Child can be in school after treatment.

- Tonsillitis

Child can be in school with correct medication.

- Threadworms

Child can be in school after treatment.

- Scarlett Fever

Child can return 24 hours after commencing appropriate antibiotics treatment.

**The above information is provided by The Health Protection Agency.**

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)



## Devonshire Road Primary School

If you don't come to school you won't get a good education for when you are older. You won't get a job you love and want to go to every day.  
( Year 4 pupil)

Attendance is really important because it means you don't miss out on anything.  
( Year 4 pupil)



Updated April 2022

Dear Parent/ Carer,

Children have had so much disruption to their schooling over the past two years. It is essential that we work together to achieve **100% attendance** for each child as this will give our child the best education and, in turn, the best life chances.

A **healthy diet** which includes a full range of vitamins; exercise; fresh air; good hydration and good sleeping habits can support children in being happy and healthy.

We understand that sometimes children really are too ill to attend school. Children and young people who are very unwell and have a **high temperature** should stay at home and avoid contact with other people. They can go back to school after a day or two when they no longer have a high temperature, and they are well enough to attend.

From 1st April, children with a **positive COVID-19 test** result should try to stay at home and avoid contact with other people for 3 days, which is when they are most infectious.

We also understand that sometimes children have **concerns or worries** that may make them reluctant to come to school in the morning. **Please work with us** if your child is reluctant to come to school, or complaining of regular tummy aches. We are here to help and we know that you want them in school 100% of the time as well.

Just get in contact with us and we will see how we can help.

**I'm sure most of you will be aware that our NHS is under extreme pressure . Here are a few guidelines which may help you decide what appropriate action to take if you or one of your family is unwell.**

## *Who should I see/call?*

**A&E Departments** deals with genuine life-threatening emergencies such as:

- Loss of consciousness
- Acute confused state and fits that are not stopping
- Persistent, severe chest pain
- Breathing difficulties
- Severe bleeding that cannot be stopped
- Severe allergic reactions
- Severe burns or scalds

**GPs deal with non life- threatening illnesses**

You can still call your GP outside normal surgery hours, but you will usually be directed to an out-of-hours service.

**Minor injuries and Care Centres** can treat:

- Injuries to the back, shoulder and chest
- Sprains and strains
- Broken bones
- Wound infections
- Minor burns and scalds

You can also call **NHS 111** which can give you advice or direct you to the best service to treat your symptoms/injury.

**NHS Pharmacists** can help with:

- Common ailments such as coughs, colds and the flu
- Tummy trouble
- Aches and pains
- Skin rashes
- Urinary infections/issues

## *What can I do at home to help my child get better quicker?*

A child's immune system is very powerful, and will clear up most common infections by itself. You can help your child fight the infection by making sure they get plenty of rest and offering them healthy food (like fruit).

Give your child plenty to drink. This will help prevent dehydration, loosen phlegm, and lubricate the throat. Try to avoid sugary drinks. **Pain** and **fever** are best treated with **paracetamol** and/or **ibuprofen**.

Paracetamol and Ibuprofen work differently, they can be used together if one alone has not worked. Make sure you do not give more than the maximum recommended dose of either of them. Always read the instructions on any medicine carefully.